

Facts About Suicide

1. Suicide is preventable. Most suicidal individuals desperately want to live; they are just unable to see alternatives to their problems.
2. Most suicidal individuals give definite warning of their suicidal intentions, but others are either unaware of the significance of these warnings, or do not know how to respond to them.
3. Talking about suicide does not cause someone to be suicidal.
4. Approximately 32,000 Americans kill themselves every year. The number of suicide attempts is much greater and often results in serious injury.
5. Suicide is the third leading cause of death among young people ages 15-24, and it is the eighth leading cause of death among all persons.
6. Youth (15-24) suicide rates increased more than 200% from the 1950's to the late 1970's. Following the late 1970's, the rates for youth have remained stable.
7. The suicide rate is higher among the elderly (over 65) than any other group.
8. Four times as many men kill themselves as compared to women, yet three times as many women attempt suicide.
9. Suicide occurs across all age, economic, social and ethnic boundaries.
10. Firearms are currently the most utilized method of suicide by essentially all groups. (gender, age, ethnicity)
11. Surviving family members not only suffer the trauma of losing a loved one to suicide, and may themselves be at higher risk for suicide and emotional problems.

GET HELP IMMEDIATELY

Contact the Central Plains Center
Crisis Hotline:

1-800-687-1300

if you see, hear or witness anyone exhibiting any one or more of the following:

- Someone threatening to hurt or kill him/herself, or talking of wanting to hurt or kill him/herself.
- Someone looking for ways to kill him/herself by seeking access to firearms, available pills or other means
- Someone talking or writing about death, dying or suicide, when these actions are out of the ordinary for the person.

Crisis Hotline

**715 Houston
Plainview, Texas 79072
1-800-687-1300**

Information for this brochure was taken from the website for the American Association of Suicidology. "About Suicide" www.suicidology.org

CRISIS HOTLINE

Know the
warning
signs for
SUICIDE

Central Plains Center

Crisis Hotline

**Crisis and Suicide
Intervention Services**

Call for Help Today

1-800-687-1300

Services Provided

The Crisis Hotline is available to provide support to people who are experiencing any type of crisis.

When to call:

- When you need to talk to someone who cares
- When you feel you might be in danger of hurting yourself
- When you are concerned that someone you know might hurt him/herself
- When you don't feel you can cope with life

**Our trained
crisis workers
are here to help.**

Walk-In Services are also available at our office:

715 Houston
Plainview, Texas 79072
1-800-687-1300

Offices are open Monday-Friday
8:00am to 5:00pm
After-hours services available at
local emergency rooms

Central Plains Center Crisis Hotline: 1-800-687-1300

Recognize the Suicide Warning Signs

Are you or someone you know at risk for suicide? Get help immediately by contacting

Central Plains Center Crisis Hotline:

1-800-687-1300

Suicide Warning Signs can include:

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself.
- Looking for ways to kill oneself by seeking access to firearms, available pills or other means
- Talking about death, dying or suicide when these actions are out of the ordinary for the person
- Feeling hopeless
- Feeling trapped, like there's no way out
- Acting reckless or engaging in risky activities—seemingly without thinking
- Feeling rage or uncontrolled anger or seeking revenge
- Withdrawing from friends, family and society
- Feeling anxious, agitated or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life